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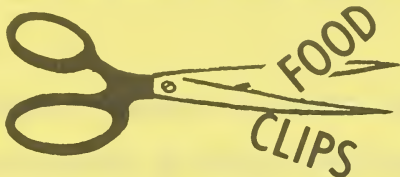
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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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## In This Issue:

- 1 - On Firewood
- 2 -
- 3 - Safety on Foods
- 4 - New USDA Slide Set

A thin steak becomes "well-done" before you know it--better to have a steak about 1-1/2 inches thick before broiling if you want it to be rare, according to USDA home economists.

\* \* \*

When buying a 300 pound side of beef for your freezer--you can expect about 225 pounds of usable meat cuts--"cutting" loss is about average.

\* \* \*

Fresh or raw foods are not necessarily better than frozen ones...it depends on how they are handled. The vitamin C value of frozen, reconstituted orange juice is the same as the juice squeezed fresh from oranges.

\* \* \*

If you leave leafy, dark green vegetables and broccoli in the refrigerator for five days or so they lose about half of their vitamin C. Cooking will also cause losses.

\* \* \*

Need a good source of iron? Try chicken livers.

## WHEN WINTER COMES

- - And using firewood

If you're fortunate enough to have a fireplace you may wonder if this is the time to let it produce heat for your home--in addition to the radiance that it provides. However, it is not the most efficient means of producing heat for your home, according to the Forest Service of the U.S. Department of Agriculture. But--in spring and fall, a fire will help ward off the early morning chill more economically than a large heating system--and in times of power shortage or failure it can be used for heating and cooking, if need be.

A standard cord of air dry, dense hardwood weighs approximately 2 tons and provides as much heat as 1 ton of coal, or 150/175 gallons of No. 2 fuel oil, or 24,000 cubic feet of natural gas.

Some fuels are health hazards--and cause pollution. But wood is much lower in irritating pollutants than most fuels--and the wood-burning fireplace often offers a touch of nostalgia.

## HOLIDAY MEALS ARE FUN -- -- --

Food--Fun--Holiday Time. Entertaining family and friends around the dinner table is part of the traditions of holiday fun. But--holiday favorite foods are highly perishable, according to Extension Service nutritionists at the U.S. Department of Agriculture.

Take the roast turkey--the favorite Thanksgiving entree, or scalloped oysters or roast beef--other favorite treats--all must be carefully prepared and served safely.

Turkey

....On thawing turkey--thaw it in the refrigerator. If you must thaw it more quickly, put it in a waterproof plastic bag, seal tightly, and defrost in cold water. Thawing frozen poultry at room temperature gives bacteria a chance to grow. This is especially true with large frozen turkeys because of the long time it takes them to thaw completely.

....On cooking turkey--cook it thoroughly, to an internal temperature of 180 - 190 F. Never partially cook it and finish cooking later. Bacteria can survive in partially cooked poultry.

....Cook turkey stuffing completely. It's safest to cook it separately from the turkey, because stuffing inside a warm turkey is a breeding place for bacteria. It's also easier to serve a crowd when the stuffing is cooked separately. If you must cook stuffing inside the turkey, cook until the meat thermometer inserted into the stuffing reaches at least 165F. Never stuff turkey the night before cooking. Do not thaw commercially frozen stuffed poultry before baking--put it right into the oven.



...But, only if you make them safe!

....On leftovers--refrigerate turkey leftovers immediately. Remove all stuffing from bird (if you stuffed it this way)--and store separately.

### Oysters

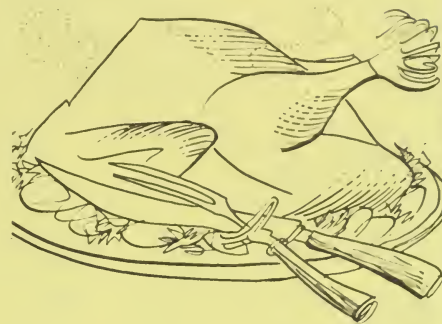
Scalloped oysters are also highly perishable. Keep them refrigerated or frozen until just before cooking. In serving, keep them hot, above 140F. Serve quickly; refrigerate leftovers immediately.

### Beef

Roast beef--rare, served with pan drippings--is another family favorite that is considered perishable. Even if your family must have rare beef, cook it at least to an internal temperature of 140F. Pan drippings must be heated to the boiling point before serving. Meat should not stand more than 2 hours at room temperature. Refrigerate leftovers promptly.

Remember--bacteria can cause food poisoning; all they need to grow is the right time, temperature, and moisture. Vomiting, stomach cramps, and other unpleasant symptoms which can last for several hours or even days can be severe--more so in young children and elderly people. Food improperly handled, prepared or served is often the cause of them. But, how can food be prepared and served properly so as to avoid foodborne illness?

Some of the easiest rules to follow are: Don't try to feed more people than you can handle--consider the size and quantity of the cooking equipment you have, and your supply of eating utensils and dishes. Figure out how much refrigerator space you'll need to store foods properly--at the right temperature. (below 40F)



## NEW SLIDE PRESENTATION

## - - - On the "Real Facts of Food"

(Revised from "What's Happening to Food Prices")

Facts and figures on the real facts of food-- cause and effect of the food bill. This is what is happening on the farm and around the world. This slide set is like a primer for anyone trying to understand farm/food economics. The 159 frame color presentation shows the problems a farmer faces when he makes his plans to produce your food.

Setbacks on the farm must show up at the checkout counter--but it helps if you know why. This slide series explains the story from both ends.

The filmstrip is available from the Photo Lab, Inc. 3825 Georgia Ave. N.W. Washington, D.C. 20011 for \$15.00 including the soundtrack on cassette. The slide set is available for \$35. from the Photography Division, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250.



NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535A, Office of Communication/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.